

FOOD IQ™

BEST ANTIBIOTICS POLICIES AT FAST-FOOD CHAINS

WHEN YOU BUY a fast-food burger or roast beef sandwich, chances are it's made with meat from cattle given antibiotics they don't need. The annual fast-food report, issued by CR and five other consumer and health groups, grades the largest chain restaurants in the U.S. on their policies to limit antibiotics use in the meat they source (beef, poultry, and pork), as well as the implementation and transparency of those policies.

"In the five years we've been issuing the report, we've seen more and more chains agree to serve only chicken raised without medically important antibiotics," says Meg Bohne, associate director, campaigns, at CR. The majority of the top chains (17 out of 25) now have policies in place to limit

antibiotics use in the chicken they serve. "But progress on beef has been disappointingly slow."

The beef scorecard, below, rates chain restaurants according to their antibiotics policies for the beef they serve. Fifteen restaurants received a grade of F for having no policy or plan to reduce the use of antibiotics in their beef supply. Just two restaurants, Chipotle and Panera Bread, got A grades for sourcing beef raised without the routine use of antibiotic drugs.

McDonald's, one of the largest beef purchasers in the world, saw its grade rise from an F the prior year to a C, thanks to its December 2018 announcement of a comprehensive antibiotics-use policy that commits to reducing the use of medically important antibiotics in

its global beef supply chain. This represents the first comprehensive antibiotics reduction policy created by a major U.S. burger chain.

The practice of giving antibiotics to food animals to prevent, rather than treat, illnesses is a main contributor to antibiotic resistance; these drugs are becoming less effective at destroying the bacteria that cause potentially deadly illnesses, such as the superbug MRSA. According to an expert estimate, 160,000 deaths in the U.S. were caused by antibiotic-resistant infections in 2010, placing these infections as the fourth-leading cause of death in the U.S., after heart disease, cancer, and all infections.

For more details on the reports for beef, pork, and poultry, go to CR.org/chainreaction0220.



Airthings Wave
\$200

SAFETY UPDATE

A SMARTER WAY TO DETECT RADON

A HEALTH HAZARD that's undetectable by human senses, radon gas can creep into a home through the tiniest of cracks. Protracted exposure to radon is thought to be the leading cause of lung cancer in non-smokers. Elevated levels of radon have been found in homes in all 50 states.

Until now, homeowners often used short-term kits, which take a snapshot of radon levels in one spot in your home and then get mailed to a lab for analysis. But radon levels can fluctuate. With that in mind, CR recently tested the new smart electronic radon detector called Wave.

The device measures radon levels, allowing users to see real-time data (by waving your hand in front of it), as well as charted hourly levels over time. It's also easy to move to check all parts of your home. The app will show users when radon levels are too high (though no level of radon is considered "safe"). The Wave is more accurate than the 48-hour exposure kits we tested. And though it's not cheaper than a one-time test, it's more cost-effective—and certainly easier—to perform on a regular basis.

| 2019 Chain Reaction V Beef Scorecard | |
|--------------------------------------|--|
| A | |
| A- | |
| C | |
| D+ | |
| D | |
| F | |